

341 - Nutrient Deficiency Disease

Disease	Nutrients Deficient	Suggestions of `Foods To Eat
Protein Energy Malnutrition	Protein	High in protein & calories like meats,milk, cheese, egg
Beri Beri	Vitamin B	High in thiamin like meat,sunflower seeds enriched breads & cereals
Pellagra	Vitamin B	High in niacin like poultry, fish, beef, peanut butter, & legumes, enriched or fortified grains
Cheilosis	Vitamin B	High in riboflavin like liver, yogurt, milk, enriched grains, eggs
Hypocalcemia	Calcium	Consult health care provider
Osteomalacia	Calcium	High in calcium like dairy products, broccoli, fish with edible bones like sardines or salmon
Vitamin K	Vitamin K	High in Vit K like spinach, broccoli, eggs, wheat bran or germ, milk, strawberries
Menkes Disease	Copper	Consult your health care provider
Scurvy	Vitamin C	High in Vit C like WIC juices, citrus fruits & berries
Xerophthalmia	Vitamin A	High in Vit A like liver, sweet potatoes, carrots, mango, spinach, papaya, other red, yellow, orange, & dark green vegetables & fruits
Rickets	Vitamin D	High in calcium like dairy products, broccoli, fish with edible bones like sardines or salmon

Infants

Protein Energy Malnutrition	Protein	High in protein & calories like meats, breastmilk or formula, cheese, if appropriate for baby's age
Beri Beri	Vitamin B	High in thiamin like meat, enriched breads & cereals appropriate for baby's age
Pellagra	Vitamin B	High in niacin like poultry, fish, beef, & legumes, enriched or fortified grains appropriate for baby's age
Cheilosis	Vitamin B	High in riboflavin like liver, yogurt, breastmilk or formula enriched grains, eggs appropriate for baby's age

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Disease	Nutrients Deficient	Suggestions of Foods To Eat
Hypocalcemia	Calcium (inability to absorb)	Consult your baby's health care provider
Osteomalacia	Calcium	High in calcium like breastmilk or formula
Vitamin K Deficiency	Vitamin K	High in Vit K like spinach, broccoli, eggs, wheat bran or germ, breastmilk or formula, strawberries appropriate for baby's age
Menkes Disease	Copper	Consult your baby's health care provider
Scurvy	Vitamin C	High in Vit C like WIC juices, citrus fruits & berries appropriate for baby's age
Xerophthalmia	Vitamin A	High in Vit A like liver, sweet potatoes, carrots, mango, spinach, papaya, other red, yellow, orange, & dark green vegetables & fruits appropriate for baby's age
Rickets	Vitamin D	High in calcium like breastmilk or formula

Children

Protein Energy Malnutrition	Protein	High in protein & calories like meats, milk, cheese, egg
Beri Beri	Vitamin B	High in thiamin like meat, sunflower seeds
Pellagra	Vitamin B	enriched breads & cereals High in niacin like poultry, fish, beef, peanut butter, & legumes, enriched or fortified grains
Cheilosis	Vitamin B	High in riboflavin like liver, yogurt, milk, enriched grains, eggs
Hypocalcemia	Calcium (inability to absorb)	Consult child's health care provider
Osteomalacia	Calcium	High in calcium like dairy products, broccoli, fish with edible bones like sardines or salmon
Vitamin K Deficiency	Vitamin K	High in Vit K like spinach, broccoli, eggs, wheat bran or germ, milk, strawberries
Menkes Disease Scurvy	Copper Vitamin C	Consult child's health care provider High in Vit C like WIC juices, citrus fruits & berries
Xerophthalmia	Vitamin A	High in Vit A like liver, sweet potatoes, carrots, mango, spinach, papaya, other red, yellow, orange, dark green vegetables fruits
Rickets	Vitamin D	High in calcium dairy products/fish with edible bones like sardines or salmon